

Beer Mile Invitational

Rules & Regulations



- 1. Each competitor drinks four cans of beer and runs four laps (start - beer, then lap, then beer, then lap, then beer, then lap - finish).**
- 2. Beer must be consumed before the lap is begun, within the transition area which is the 20 meter zone before the start/finish line.**
- 3. The race begins with the drinking of the first beer in the last meter of the transition zone to ensure the competitors run a complete mile.**
- 4. Competitors must drink canned beer and the cans should not be less than 355ml (the standard can volume) or 12oz (the imperial equivalent). Beer must be a minimum of 5% alcohol by volume.**
- 5. No specialized cans or bottles may be used that give an advantage by allowing the beer to pour at a faster rate i.e. "super mega mouth cans" or "wide mouth bottles" are prohibited.**
- 6. Beer cans must not be tampered with in any manner, i.e. no shot gunning or puncturing of the can except for opening the can by the tab at the top. The same applies with bottles - no straws or other aids are allowed in order to aid in the speed of pouring.**
- 7. Each beer can must not be opened until the competitor enters the transition zone on each lap.**
- 8. Competitors who vomit before they finish must complete one penalty lap at the end of the race (immediately after the completion of their 4th lap). Note: Vomiting more than once only requires one penalty lap at the end.**